

WHAT IS CLAIMED IS:

1. A food or food product using grains as materials,
5 characterized in that functional ingredients contents are increased by controlling manufacturing conditions in at least one step during a manufacturing process of the food or food product.
- 10 2. The food or food product as claimed in claim 1,
wherein wheat, barley, and soba are said grains as materials.
- 15 3. A food or food product using one or more of wheat, barley, oats and rye, or a processed product of one or more of wheat, barley, oats and rye,
20 characterized in that functional ingredients contents are increased by controlling manufacturing conditions in at least one step during a manufacturing process of the food or food product.
- 25 4. The food or food product as claimed in any one of claims 1-3,
characterized in that said food or food product is one of bread, pasta, udon and soba.
- 30 5. The food or food product as claimed in any one of claims 1-4,
wherein the manufacturing process is a kneading process.
- 35 6. The food or food product as claimed in any one of claims 1-4,
wherein the manufacturing process is a fermentation process.

7. The food or food product as claimed in any one of claims 1-4,

5 wherein the manufacturing process is an aging process.

8. The food or food product as claimed in any one of claims 3-7,

10 wherein said processed product of the one or more of wheat, barley, oats and rye is a seed of the one or more of wheat, barley, oats and rye soaked in water or hot water, a germinated seed of the one or more of wheat, barley, oats and rye depending on germination time, or malt, in which
15 malt a seed of the one or more of wheat, barley, oats and rye is soaked in water or hot water to be germinated, then a drying process or a roast-dry process is performed.

20

9. A method of processing a food or food product using grains as materials,

characterized in that functional ingredients contents are increased by controlling
25 manufacturing conditions in at least one step during a manufacturing process of the food or food product.

10. A method of processing a food or food
30 product using one or more of wheat, barley, oats and rye, or a processed product of the one or more of wheat, barley, oats and rye,

characterized in that functional ingredients contents are increased by controlling
35 manufacturing conditions in at least one step during a manufacturing process of the food or food product.

11. The method of processing a food or
food product as claimed in claims 9 or 10,
wherein the manufacturing process is a
5 kneading process.

12. The method of processing a food or
food product as claimed in claims 9 or 10,
wherein the manufacturing process is a
10 fermentation process.

13. The method of processing a food or
food product as claimed in claims 9 or 10,
wherein the manufacturing process is an
15 aging process.

14. The method of processing a food or
food product as claimed in any one of claims 10-13,
20 wherein said processed product of one or
more of wheat, barley, oats and rye is a seed of the
one or more of wheat, barley, oats and rye soaked in
water or hot water, a germinated seed of the one or
more of wheat, barley, oats and rye depending on
25 germination time, or malt, in which malt a seed of
the one or more of wheat, barley, oats and rye is
soaked in water or hot water to be germinated, then
a drying process or a roast-dry process is performed.

30 15. A method of processing a food or food
product,
characterized in that said food or food
product is one of bread, pasta, udon and soba.

35

16. A fried food or food product using one or more of wheat, barley, oats and rye or flour of a processed product of the one or more of wheat, barley, oats and rye,

5 characterized in that said flour of the processed product of the one or more of wheat, barley, oats and rye is a seed of the one or more of wheat, barley, oats and rye soaked in water or hot water, a germinated seed of the one or more of wheat,
10 barley, oats and rye depending on germination time, or malt, in which malt a seed of the one or more of wheat, barley, oats and rye is soaked in water or hot water to be germinated, then a drying process or a roast-dry process is performed.

15